



# LSGC Snippets

June 2023  
Volume 12 No. 3

## An end of June 2023 Garden Club note:

### NEXT MEETING:

September 21<sup>st</sup>  
at 7:00 in the  
Eagles Hall

On June 27th, I attended the Ladysmith Secondary School Awards Ceremony along with club member Diana Gould. The graduating class of 2023 numbered close to 120 young people ready for their next steps and already demonstrating preferences, strengths and talents. It struck me, not for the first time, that raising children has parallels in gardening: enriching the growing environment, cultivating the surroundings, developing strong roots and providing support when needed. Kindergarten is, after all, a garden for the young.

### Things to Remember

1. Your tea cup for the break.
2. A plant, garden item or posies for the Sale Table.
3. That Library book that you borrowed for the summer.
4. A story from your summer travels!

The recipient of our \$500 bursary is Ella Hillbrecht. Ella expressed sincere appreciation for the award and went on to receive others. Ella is wished all the best in her studies.

Our L S Garden Club is showing the signs of healthy growth in membership numbers which adds to the variety in backgrounds and gardening knowledge as well the participation level and willingness to assist or lead in many incentives. Thanks to everyone.

Summer has begun and we are yet to see what the weather will bring. I am calling the unplanned growth a meadow for the pollinators, the unproductive strawberry patch a reminder to rejuvenate it next year and sitting down in the shade is a chance to survey what needs to be done in future. I feel gratitude for the space and time.

Watch for any notices re: open gardens etc. Contact [bcinbc2004@yahoo.ca](mailto:bcinbc2004@yahoo.ca) to volunteer yours or perhaps a cluster in your neighbourhood....

Our Sept. 21st meeting will feature our treasurer, Starla, on **Growing Flowers for Bouquets.**

\*\*Keep in mind our that our October meeting is a member Plant Auction so plan to pot-up divisions etc when cleaning up in the early fall.



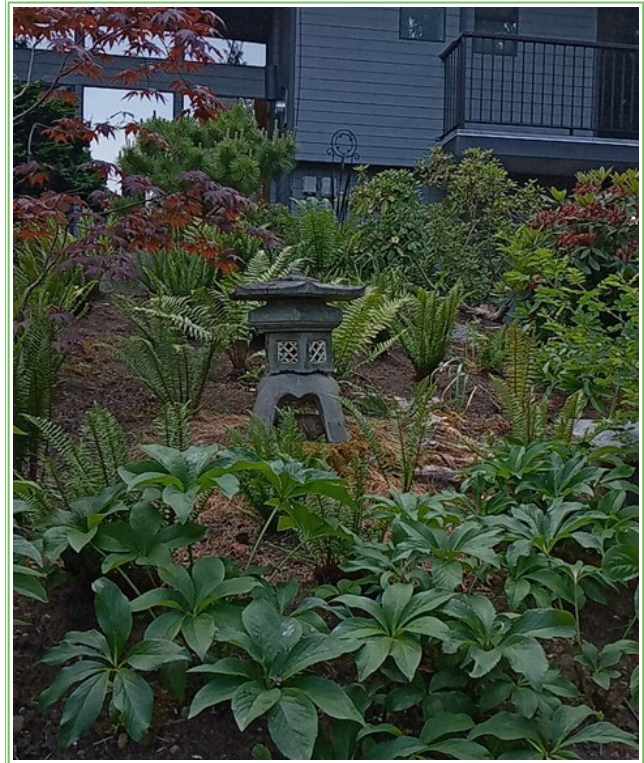
Have a wonderful summer. **Carol H.**

## GARDENS

### OPEN GARDEN



Thanks to **Bennye Miller** who who held an Open Garden for our members in June. We learned lots about treed shady gardens!



### HOW TO HANDLE WEEDS



*One method discovered on a sidewalk.*

#### **A Recipe for Weeds in Gravel Walkways or Driveways**

1 litre of Vinegar  
2 cups of Epson salt  
(I've also seen a recipe for regular salt, but I use Epson salt)  
1/4 cup Dawn dish washing soap  
( I'm sure any dish soap will do)

Mix and place in a spray bottle.  
Works well in hot weather,  
& sunshine

Happy spraying!  
**Carmen Dolinsek**

## GARDENS

### Establishing a Cut Flower Garden

The first step to establishing your cut flower garden is picking a location!

The site should be in full sun (6-8 hours per day) and have soil that is well-drained. If your soil is heavy clay or too sandy, try amending with organic matter, or replacing parts with a quality garden soil. Once your garden beds are established, you'll only need to add a few inches of organic matter (e.g. compost, manure) every spring.

A few growing tips:

The best flowers for the cutting garden are varieties with long stems.

Plant annuals close together to maximize space and reduce weed pressure.

Remember to put taller plants on the north side of the bed (e.g. dahlias) so they do not shade the shorter ones.

Set up a staking system for plants early in the growing season before they need them.

Pinching the central leading stem of some plants (cosmos, snapdragons, zinnias) will stimulate side shoot growth for increased flower production.

Plan for a succession of blooms starting with early season daffodils, tulips, and ranunculus; followed by late spring blooms like lilacs, snapdragons, poppies, and stock; then summer season blooms like zinnias and dahlias.

Include foliage plants in to act as fillers in the bouquets. During the summer months, harvest for dried flower bouquets that will last into the winter.

Plant suggestions for the cut flower garden:

*Annuals:* calendula, celosia, cosmos, heliotrope, marigolds, snapdragons, sunflowers, statice, stock, straw flowers, zinnias

*Perennials:* dianthus, echinacea, gaillardia, lavender, liatris, lupines, monarda, poppies, rudbeckia, salvia

*Bulbs:* anemones, daffodils, dahlias, iris, gladiolus, ranunculus, tulips

*Shrubs for flowers:* hydrangeas, lilacs, roses

*Shrubs for foliage:* boxwood, camellia, ninebark, pieris, privet, salal, viburnum

*Shrubs with berries (winter interest):* beautyberry, holly, skimmia, cotoneaster, firethorn

*Shrubs with bare branches in winter for filler:* red twig dogwood, blueberry and contorted hazelnut

For dried winter bouquets harvest these plants in summer: asters, celosia, delphinium, eucalyptus, grasses (e.g. bunny tails), marigolds (large pom/African), statice and straw flowers.



## RECIPES

### Rhubarb Brownies

1 cup sugar  
1/2 cup of vegetable oil  
2 large eggs  
1 tsp vanilla extract  
Half a cup of plain flour  
1/3 cup of cocoa powder  
1/2 tsp of baking powder  
1/2 tsp salt  
1 cup of rhubarb cut up really small  
1/2 cup of chocolate chips  
1/2 cup of chopped walnuts.



1. Preheat the oven to 375°F. Line and grease square tin (9 x 9 or 8 x 8 for a thicker brownie).
2. In one bowl, mix flour, salt, cocoa powder, nuts, rhubarb & chocolate chips with a spoon.
3. In a separate bowl whisk together the eggs, vanilla & oil. Add the wet ingredients to the dry ingredients & fold in gently using a metal spoon. The mixture will be quite thick.
4. Put the mixture into the tin, spreading it evenly, & bake for 25 minutes or until a skewer comes out clean. Don't overcook - you want the brownie to be moist.
5. Once removed, let the brownie cool for 15 minutes and then cut into squares. Can be stored in a tin for 2 or 3 days in a cool place, or placed in the freezer.

### Mint Tea

I boil water in a pot, then remove from heat and add 7 green tea bags and a handful of rinsed spearmint sprigs. Let sit for 3 to 4 minutes, strain, and pour into a gallon pitcher, add water to fill, cool and put in fridge. If you want sugar/sweetener, put that in your pitcher then when you pour heated mixture, it will dissolve first then add more water.

[pioneerwomanatheart.blogspot.com](http://pioneerwomanatheart.blogspot.com)

### Raspberry Crunch Bars.

#### Base:

1 cup flour  
1 teaspoon baking powder  
pinch of salt  
1/2 cup cold butter  
1 egg beaten  
1 tablespoon milk

#### Topping:

1 cup Raspberry Jam or Jelly  
(approximate amount)  
1 beaten egg  
3/4 cup sugar  
2 tablespoons melted butter  
pinch of salt  
1 teaspoon vanilla extract  
1 cup sweetened coconut  
1 cup crushed cornflakes

1. Prepare base: cut cold butter into flour, baking powder and salt.
2. Mix egg and milk and vanilla and add to flour mixture, mixing lightly like you would for pie dough. Roll or pat into an 8 inch square pan. Spread raspberry jam over base.
3. Beat sugar, egg and vanilla with melted butter. Add coconut and crushed cornflakes mix with a fork. Spread lightly with a fork over jam.
4. Bake in a 350° F oven for about 25-30 minutes or until topping is golden. Cool and cut into squares.



<http://www.mennonitegirlscancook.ca/>

## CLUB NEWS

### Volunteers Needed

for Set Up & Clean Up  
for our meetings.

- \* Sept. 21st<sup>st</sup> meeting:
- \* Doors open at 6:15 to set up,  
Meeting begins at 7:00



### GARDEN TOUR

Saturday, July 15<sup>th</sup> at 2:00 pm

The garden of Gail Irwin.

Her garden is next to Saltair station,  
10445 Chemainus Road.

Note: the Owl's Nest restaurant has opened a second location in the Saltair station, and serve lunch till 3 and tea, coffee and snacks till 5. You may want to have lunch or afternoon tea as well as visiting the garden.

## NOTICE BOARD

The Victoria Lily Society presents  
Summer Scentsations  
**Flower Show**  
**Plant Sale & Fancy Tea**

Saturday July 8 • 10-4 PM



Victorialilysociety.ca

Lambrick Park Church Hall

1780 Feltham Rd. Victoria V8N 2A5

- Judged exhibits including Floral Designs

- Silent Auction - Huge Lily & Plant Sale

- Wheelchair accessible

- Admission by donation - Free parking

Tea/coffee with scones,  
jam & homemade sweets ONLY \$5

### Vancouver Island Master Gardeners Gardening Seminars

#### July 17 : Weeds

After we figure out what a weed is, we'll examine the terms noxious, invasive, naturalized and native. We'll look at some of the weedy botanical species in BC and talk about weed control and when you should report a weed sighting. We'll take a deep dive into weed resources for identification, effects on biodiversity, climate change, and the economy, and actions you can take to reduce the weed invasion.

FREE course via Zoom, register online at:

[www.vimga.org/events/](http://www.vimga.org/events/)

#### August 14 : Small Trees for the Urban Landscape

FREE course via Zoom, register online at:

[www.vimga.org/events/](http://www.vimga.org/events/)

### South Cariboo Garlic Festival

Saturday, August 26 from 9:00 am to 5:00 pm

Sunday, August 27 from 9:00 am to 4:00 pm

North of Lac La Hache, Highway 97

97 Exhibitors on site, for more information:

<http://www.garlicfestival.ca/>

Cost: \$5 for both days

**SOUTH CARIBOO  
GARLIC FESTIVAL**  
BEST STINKIN PARTY IN THE CARIBOO!

**AUG 26-27, 2023**  
ON THE BEAUTIFUL SHORES OF  
LAC LA HACHE BC

HWY 97, JUST A SHORT DRIVE NORTH OF THE LAC LA HACHE TOWNSITE  
OUR ROOTS GO BACK 23 YRS!

**SAT 9-5**  
**SUN 9-4**

OVER 90 VENDORS-LIVE MUSIC-THE BEST GARLIC-GARLIC PRODUCTS-HANDMADE & UNIQUE WARES-FOOD-TRUCKS-PETTING ZOO-FACE PAINTING-EATS & TREATS-MINI DONUTS-FAMILY FUN-LOCAL FIRE DEPT-AND MORE!

ADMISSION: INCL BOTH DAYS  
ADULTS - \$5.00  
12 YRS AND UNDER - FREE  
NO ATM AVAILABLE ON SITE  
NO PET POLICY ON GROUNDS

LIVE MUSIC BY:  
BROKEN HILLS  
TRACY LYNN MUSIS  
THE MARKABILLIES  
CHRIS CLUTE  
BEYOND BLUE  
100 MILE HOUSE  
COMMUNITY BAND  
DEAN YALOWICA

WWW.SOUTHCARIBOOGARLICFESTIVAL.CA

Grateful to be gathering on the Traditional Territory of the Secwépenec (Shuswap) Peoples  
Event proceeds benefit the Lac-La Hache Community Club

GOLD SPONSORS: WILLIAMS LAKE, NORTHERN, HOSKINS CONSULTING, BRITISH COLUMBIA

MORE GENEROUS SPONSORS: TOLKO, GK, HUE, TIRECRAFT, CFJC

## POT LUCK SOCIAL



*Our hostess Carmen with her gift*



## POT LUCK SOCIAL



Thanks to Pam Fraser for sharing these pictures.

**Thanks to Carmen and Jim  
for hosting our Pot Luck Supper  
this year !**

### **SPEAKER**

**for September Meeting:  
Growing Flowers for Bouquets  
Starla Parkin**

### **Our Executive:**

*President – Carol Henderson  
Vice-president – April Johnston  
Treasurer – Starla Arkin  
Secretary – Trixie Neufelt  
Membership – Bennye Miller  
Speakers – Gail Wiseman-Reed*

## GARDEN NEWS

### Ladysmith Saltair Garden Club

#### Upcoming Program & Events 23/24

September 2023

Growing Flowers for Bouquets.  
Starla Parkin.

October 19, 2023

Member Plant Auction.

November 16, 2023

Bonsai.  
Phil Crouch

January 18, 2024

Healthy Soils.  
Tamara Dinter.

February 15, 2024

Growing Tomatoes.  
Colen Henson.

March 20, 2024

Care of Rhodos.  
Chris Southwick.

April 18, 2024

Hanging Baskets.  
Alex Limberis.

May 16, 2024

My Favourite Vegetables & How to  
Grow Them.  
Dorothee Kieser.



### Scrubbie Slug Barriers

The garden is just beginning to take off and my biggest issue is slugs, they are ~everywhere~. This year I tried something new, I unrolled those copper colored metal scrubbers from Dollar Tree and cut them into circles, then used them as collars or



barriers to try to keep the slugs away from the plants. While far from garden art, they do seem to help. The picture is from when I first planted about a month ago. They will rust. The idea is to stretch the circle open, slide it either up over the root ball before planting, or stretch it carefully over the plant once planted. Then nestle a little into the dirt.



## GROWING GARLIC

Garlic is an ancient food and medicine, known since the 25<sup>th</sup> century BCE. It's popularity in the western world is recent, though much of our current supply of this vegetable comes from China. However it is eaten, garlic is high in protein, vitamin C, potassium, calcium, and phosphorus, as well as other beneficial nutrients. It can be eaten raw, cooked, preserved in oil, wine, or vinegar, and it forms a base for countless sauces and dips (hummus, pesto, aioli, vinaigrette, to name a few) which can then be kept fresh for days if refrigerated. Dried garlic can also be powdered and kept in an airtight container for up to a year or more. If substituting powdered garlic for fresh, 1/8 teaspoon = 1 fresh clove.

Growing Garlic is easy, in the ground or in a raised bed. Containers don't work well.

Plant cloves from September to the end of November for a summer harvest. There is a brief window at the beginning of March when you can plant for a fall harvest, but in this climate garlic performs better if overwintered.

Separate the cloves and set each one, pointed end up, 10-15cm (4-6") apart and with the tip of the clove 2-5cm (1-2") deep. Don't skin the cloves! Use deeper planting if rain or frost may expose the cloves, and shallower planting if using mulch or planting into heavy soil. The largest cloves will make the largest bulbs.

Plant these cloves in rich, well drained soil. Dig well, add compost and do not compact it by stepping on it. Lime the soil several weeks before planting if the pH is lower than 6.0.

Fertilize when spring growth starts. Water as needed and keep weeded. Cut flower stalks to keep energy in the bulb. If individual cloves haven't formed, either eat the clove or replant and it will bulb next year.

Harvest the bulbs when the tops begin to dry, just pull and air-dry like onions. Some growers recommend waiting until 75% of the plant has dried up before pulling, and others say the key is to pull when each plant is down to 6 green leaves.

Store in a room temperature, dry environment. Moisture, heat, or excessive cold may provoke sprouting.

Many growers have been hit with White Rot that causes black spots and decay on the bulbs. It is easily spread in infected soil and water and is very persistent in the soil. Best way to avoid it is not to leave decaying alliums in the ground and by using a strict 4-year rotation.

Try Companion Planting, perhaps near roses to repel aphids. Because of its sulphur compounds, it may also help repel whiteflies, Japanese beetles, root maggots, carrot rust fly, and other pests. Garlic, made into a tea, or spray, will act as a systemic pesticide, drawing up into the cells of the plants. It's a good companion for beets, Brassicas, celery, lettuce, potatoes, strawberries, and tomatoes. Avoid planting it near peas or beans of any kind.



## HARVEST TIME

### Pointers for Picking Fruit

Some tips to help you pick them at their peak:

*Beans:* Harvest snap beans when they are no bigger in diameter than a pencil, before the seeds swell in the pods. Harvest daily because the beans will get quickly past their prime.

*Beets:* If you pick beets when they are only 1-1 1/2 inches in diameter, you can cook the roots and healthful tops together. For the most tender harvest, pick more mature beets when they are 3 inches in diameter or less.

*Broccoli:* Harvest when the heads are still tight and green; when they loosen and turn yellowish they are past their prime.

*Cabbage:* Pick as soon as the heads are hard and firm. If left longer in the garden, heads may split.

*Cauliflower:* When the heads reach 2-3 inches in diameter, pull up and tie the outer leaves around the developing head to blanch it. When heads are about 4 inches across, check them daily and harvest while they are still smooth and hard, before the bud segments begin to separate.

*Cantaloupe:* When the rind under the netting changes from green to tan, the fruits have a nice aroma, and the stem slips easily from the fruit, your melon is at its best.

*Cucumbers:* Harvest frequently; cukes are ready anytime after the flower drops off the end of the fruit. The best size for slicers is usually about 6-8 inches long. Pick over mature fruits to keep vines producing.

*Eggplant:* Harvest when the skin is still shiny. When you press on the eggplant lightly, the flesh should bounce back.

*Onions:* Harvest scallions and onions for fresh use whenever they reach usable size. For storage, harvest when most the tops have yellowed and fallen over naturally. Then cure the onions by spreading them out in a warm, dry, well-ventilated spot until their skins are papery and the tops are completely dry.

*Sweet corn:* The ears are ready when the silks are dry and brown, usually about 3 weeks after the silks first appear. If you pull back the husks at the tip and pinch a kernel, you should see a milky, not watery, liquid squirt out.

*Tomatoes:* Harvest tomatoes when fully colored, but before the skin loses its waxy smoothness. Tomatoes don't ripen well when the temperature is above 85 degrees F, so if a heat wave hits, pick nearly ripe fruits and finish ripening them indoors out of direct sun.

*Zucchini and summer squash:* These will be most tender when they are 6-8 inches long. Pick when the skin is glossy and soft enough to pierce with your thumbnail. Harvest every two or three days, leaving a short piece of stem attached to the fruit to extend the storage life.